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**A GUIDE TO**  
**PERSONAL REFLECTION,**  
**REALIZATION &**  
**REINFORCEMENT**

# Reflect

- Reflect on any past "moments" of significance in each of the five areas:
  - Personal
  - Professional
  - Financial
  - Relational
  - Spiritual
- Read through any written goals from the previous year and then be honest about what I hit, what I didn't, and what caused the hits AND misses.
- Read my personal mission statement and see if anything has changed...or even gotten off track.

# Realize

- Consider all of the great things God has done.
- Realize that many of the “worst moments ever” were but “light and momentary”.
- Be honest about what my life looks like to others.
- Be sure I am moving forward.

# Reinforce

- What’s most important to me? Does my life image it?
- What has to change?
- What needs to be a priority?
- What needs to be written down so it gets done?

Book a Discovery call to learn more.

<https://calendly.com/ryanjamesmiller/discovery>



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